SUNNY SF-T1415 TREADMILL
USER MANUAL

IMPORTANT: Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: support@sunnyhealthfitness.com

IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Install the treadmill on a flat level surface with access to correct voltage and frequency grounded outlet. Do not block the rear of the treadmill. Provide a minimum of 2 feet of space around the treadmill. Place your unit on a solid, level surface when in use.
4. Do not operate the treadmill on deeply padded, plush or shag carpet, as damage to both the carpet and treadmill may occur.
5. Never allow children on or near the treadmill. The Equipment is designed for adults only.
6. When running, make sure the Safety Key is fastened to your clothing; the treadmill will come to a sudden stop if the Safety Key is disengaged from the console. Use the handrails provided; they are for your safety.
7. Do not place fingers or objects into moving parts of the exercise equipment. Never drop or insert any object into any openings.
8. Never operate the treadmill if it has a damaged cord or plug. Keep the cord away from heated surfaces. To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
9. Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly flammable environment.
10. The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
11. Always use equipment as indicated. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear. If you find any defective components while examining the equipment, or hear any unusual noises coming from the equipment during exercise, stop using the equipment immediately and discontinue use until the problem has been rectified.
12. Wear suitable clothing and proper shoes while using this equipment. Avoid wearing loose clothing that may become entangled in the equipment. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill.
13. Allowed temperature: 41 to 104 degrees. The maximum weight capacity of this unit is 350LB.
14. This equipment is not suitable for therapeutic use.
15. You must take care of yourself when lifting and moving the equipment so as not to injure your back. Always use proper lifting technique and seek assistance if necessary.
16. This equipment is designed for indoor and home use only! It is not intended for commercial use.

IMPORTANT OPERATION INSTRUCTIONS

1. Insert the power plug into the socket directly.
2. The constant running time for this machine is less than 2 hours. Be sure to read the manual before operating the equipment.
3. Changes in speed do not occur immediately, set your desired speed using the adjustment key on the computer console, when finished, release the adjustment key. The computer will recognize the command and increase the speed gradually.
4. While walking on the treadmill please use caution when participating in other activities such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt which may result in serious injury.
5. In order to prevent loosing balance and suffering unexpected injury, **NEVER** mount or dismount the treadmill while the belt is moving. This unit starts at a very low speed, simply standing on the belt during slow acceleration is proper only after you have leaned to operate this machine.
6. Always hold the handrail when making control changes.
7. A Safety Key is provided with this machine which also can be used for emergency. Any operation to the machine can be done only if the safety key is inserted to the computer console. In case of emergency, removing the safety key will stop the belt and shut off the treadmill immediately. When the safety key is inserted again the display screen will reset.
8. The console control keys for this machine are precision set to function properly and require very little finger pressure to use. To avoid damaging these keys, do not use excessive pressure when operating these controls.
9. This equipment is designed for adult use only! Children should never be permitted to use and or play on or near this equipment. When present, children should be supervised at all times by an adult. This machine is not intended for therapeutic use. Before beginning any exercise program, you should consult your physician first in order to determine whether or not your body is capable and healthy enough to do so.
10. Women who are pregnant or nursing should consult a physician before attempting to begin any exercise program.
11. Please be sure to consume an adequate amount of water during and after an exercise.

EXPLODED DRAWING
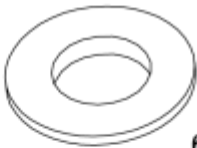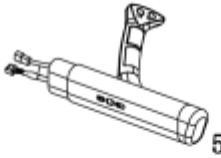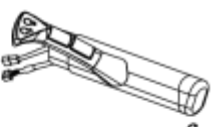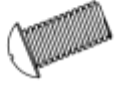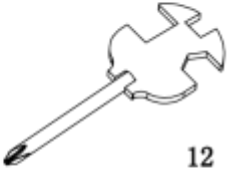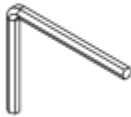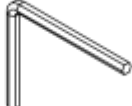
PARTS LIST

1	Main frame		1	50	Bolt	M10*65	2
2	Incline bracket		1	51	Washer	10	4
3	Computer bracket		1	52	Bolt	M8*15	4
4	Cross bar		1	53	Bolt	M8*35	1
5	Left handle bar		1	54	Bolt	M6*60	3
6	Right handle bar		1	55	Bolt	M6*25	8
7	Left upright tube		1	56	Bolt	M5*8	7
8	Right upright tube		1	57	Screw	ST2.9*6.5	38
9	Front roller		1	58	Screw	ST4.2*12	24
10	Rear roller		1	59	Screw	ST2.9*8	6
11	Running board		1	60	Screw	ST3.5*12	6
12	Spanner	S=13、14、15	1	61	Screw	ST4.2*12	14
13	Bolt	M10*45	1	62	Washer	6	3.
14	Left back end cover		1	63	Washer	10	4
15	Right back end cover		1	64	Washer	10	20
16	Left side rail		1	65	Bolt	M5*16	4
17	Right side rail		1	66	ARC washer	Φ8	4
18	Left bottom cover		1	67	Nut	M16*P2.0	2
19	Right bottom cover		1	68	Safety key		1
20	Running belt		1	69	Inverter		1
21	Motor belt		1	70	AC single wire		2
22	Wheel		2	71	AC single wire		3
23	Motor top cover		1	72	Grounding wire		1
24	Motor bottom cover		1	73	Console		1
25	Computer top cover		1	74	Fan		1
26	Computer bottom cover		1	75	AC motor		1
27	Computer panel		1	76	Incline motor		1
28	Left cover		1	77	Square switch		1
29	Right cover		1	78	Overload protector		1
30	Blue cushion		4	79	Magnet Ring		1
31	Black cushion		4	80	Magnet Core		1
32	Handlebar foam		2	81	Power outlet		1

33	Handlebar end caps		2	82	Power Wire		1
34	Ring wire protector		2	83	Amplifier		1
35	Bolt	ST4.2*20	8	84	Speaker		2
36	6# Allen wrench		1	85	Anti-slip pad		2
37	Emergency button		1	86	Hand pulse tube		2
38	Foot pad		2	87	Right pulse bottom cover		1
39	5# Allen wrench		1	88	Right pulse top cover		1
40	Cone cushion		2	89	Left pulse bottom cover		1
41	Food pad cover		2	90	Left pulse top cover		1
42	Nut	M6	8	91	Right pulse cover		1
43	Bolt	M5*12	8	92	Left pulse cover		1
44	Nut	M10	10	93	Bolt cover		2
45	Bolt	M10*15	14	94	Pulse iron piece		4
46	Bolt	M10*45	4	95	Console holder		1
47	Bolt	M10*50	2	96	Top signal wire		1
48	Bolt	M10*100	1	97	Middle signal wire		1
49	Bolt	M5*50	1	98	Bottom signal wire		1

ASSEMBLY INSTRUCTIONS

CARTON CONTENTS:

NO.	DES.	Specification	Nos.	NO.	DES.	Specification	Nos.
D	Main Frame		1	6	Right Handle Bar		1
64	Lock Washer	10	14	4	Protection Bar		1
45	Bolt	M10*15	14	43	Bolt	M5*12	4
7	Left Upright Tube		1	18	Left Upright Tube Cover		1
8	Right Upright Tube		1	19	Right Upright Tube Cover		1
73	Console		1	12	Spanner	S=13、14、15	1
66	Arc Washer	8	4	36	5# Allen Wrench	5mm	1
52	Bolt	M8*15	4	39	6# Allen Wrench	6mm	1
5	Left Handle Bar		1		Heart Rate Transmitter		1

ASSEMBLY TOOLS:
Qty.1 #5 Allen Wrench 5mm
Qty.1 #6 Allen Wrench 6mm
Qty.1 Spanner S=13, 14, 15

STEP: 1
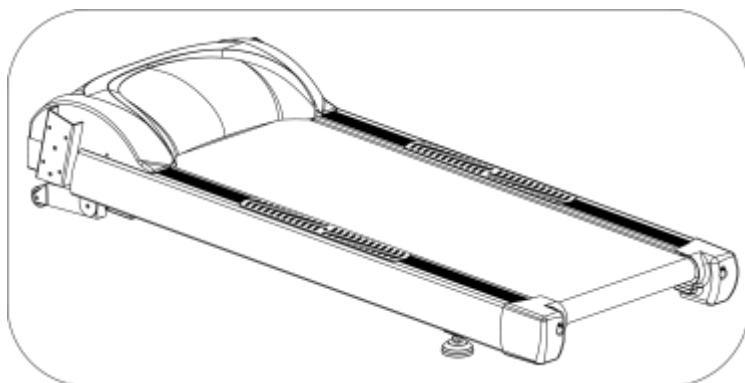
Open the carton and remove contents. Place the **Main Frame** (No. D) on level ground, ensure that you have a work area that is clean and has adequate space.

STEP: 2
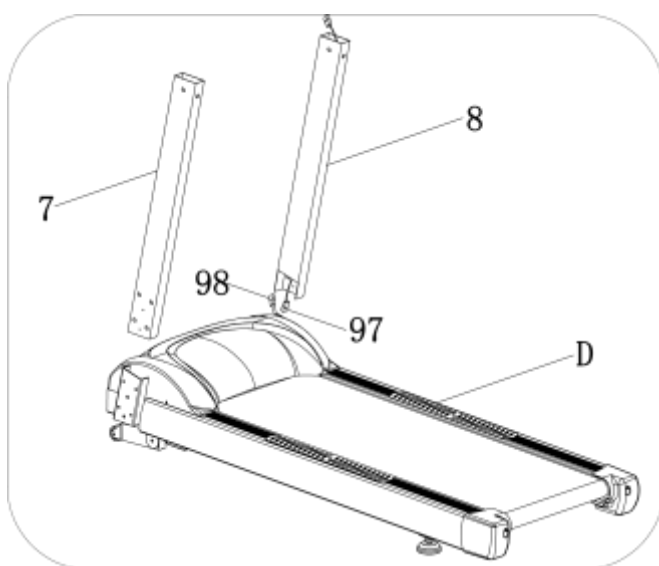
Connect the **Middle Signal Wire** (No. 97) to the **Bottom Signal Wire** (No. 98), ensure that they are properly connected.

Connect the **Left** and **Right Upright Tubes** (No. 7 and No. 8) to the **Main Frame** (No. D).

STEP: 3

Secure the **Left** and **Right Upright Tubes** (No. 7) to the **Main frame** (No. D) using 8 sets of **M10*15 Bolts** (No. 45) and **Washers** (No.64), secure using **Allen Wrench** (No. 36).

STEP: 4

Connect the **Top Signal Wire** (No. 96) to the **Middle Signal Wire** (No. 97), ensure that they are properly connected.

Attach the **Console** (No. 73) to the **Left** and **Right Upright Tubes** (No. 7 and No. 8) using 6 sets of **M10x15 Bolts** (No. 45) and **Washers** (No. 64), secure using **Allen Wrench** (No. 36).

STEP: 5

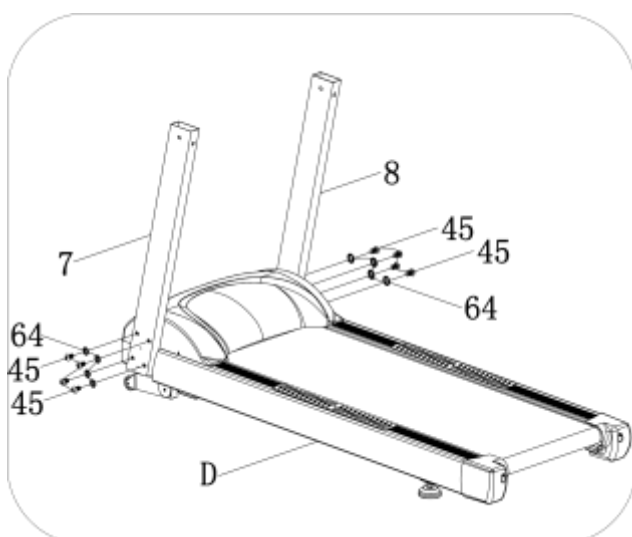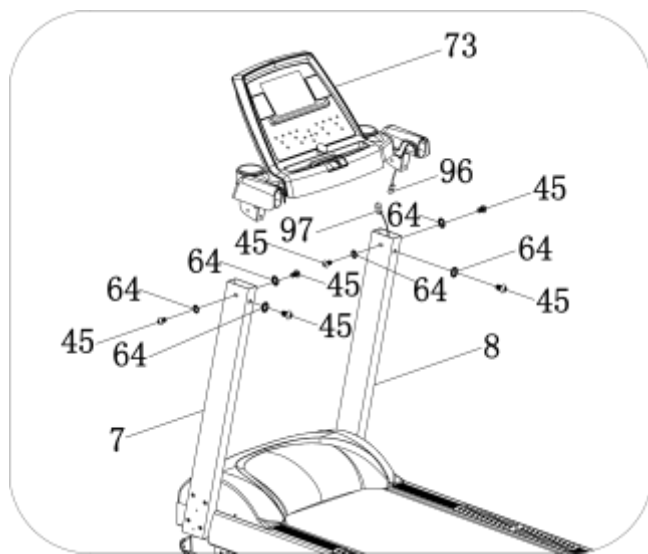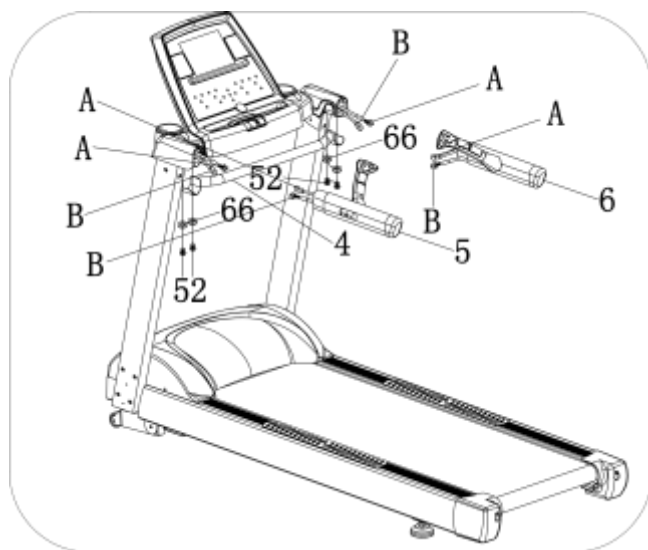Connect the pulse wires "A" from the **Left** and **Right Handlebars** (No. 5 and No. 6) to the pulse wires "A" of the left and right tubes of the **Console** (No. 73). Connect the heart rate pulse wires "B" from the **Left** and **Right Handlebars** (No. 5 and No. 6) to the heart rate pulse wires "B" of the left and right tubes of the Console (No. 73). Insert the **Left** and **Right Handlebars** (No. 5 and No. 6) (marked with **"L"** and **"R")** into the left and right tubes of the **Console** (No. 73).

Secure the **Cross Bar** (No. 4) to the left and right tubes of the **Console** (No. 73) using 4 sets of M8***15 Bolts** (No. 52) and **Arc Washers** (No. 66), tighten using **Allen Wrench** (No. 36).

STEP: 6
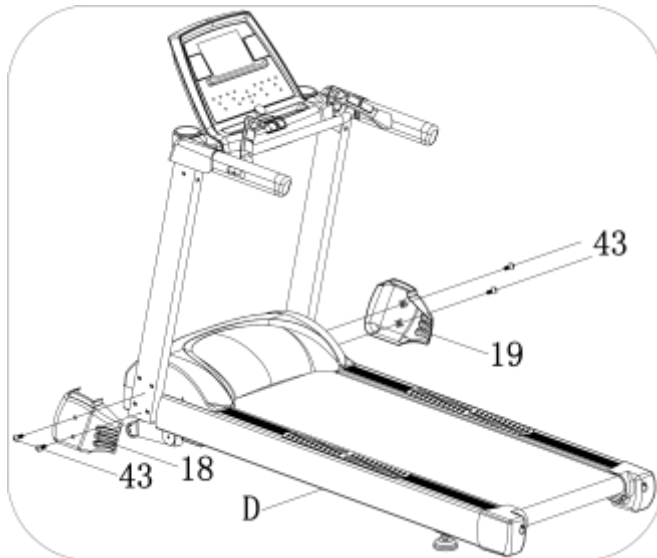
Attach the **Left** and **Right Tube Covers** (No. 18 and No. 19) to the **Main Frame** (No. D) using 4 pieces of **M5*12 Bolts** (No. 43), secure using **Spanner** (No. 12).

STEP:7
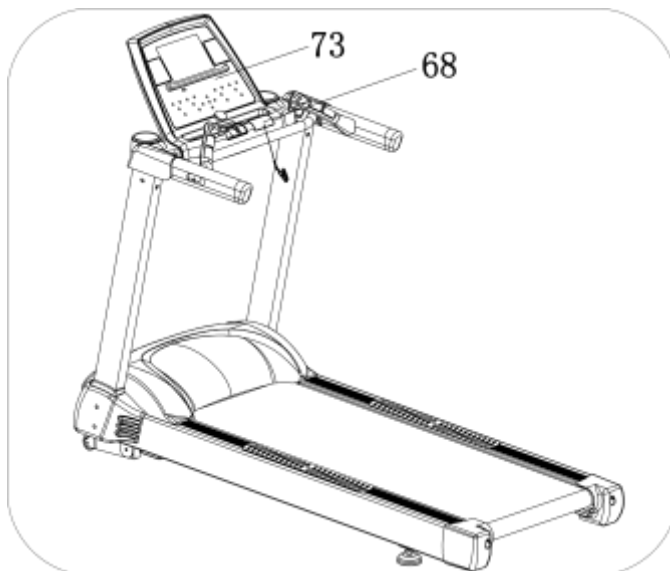
Insert the **Safety Key** (No. 68) into the magnet area of the **Console** (No. 73).

IMPORTANT ELLECTRICAL INFORMATION

WARNING: This treadmill requires a power source of 18 amps (110 Volts) in order to operate correctly. For your safety as well as the safety of others please verify that the power source is correct before powering the equipment. Any power supply source above or below this level could cause significant damage to the equipment and or user.

GROUNDING METHODS:
This product must be grounded, if it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER:
Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician. This product is for use on a suitable voltage and has a grounding plug like the plug that is illustrated in "**Sketch A"** in the following figure. Insure that the product is connected to an outlet which contains the same configuration as the plug. Do not use an adaptor for this product.

WARNING!
1. **NEVER** use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
2. **NEVER** operate the treadmill using a generator or UPS power supply.
3. **NEVER** remove any cover without first disconnecting AC power.
4. **NEVER** expose the treadmill to rain or moisture. This treadmill is not designed for use outdoors, near pools or in any other high humidity environment.

Grounding methods

GROUNDED OUTLET

GROUNDING PIN

GROUNDED OUTLET BOX

(A)
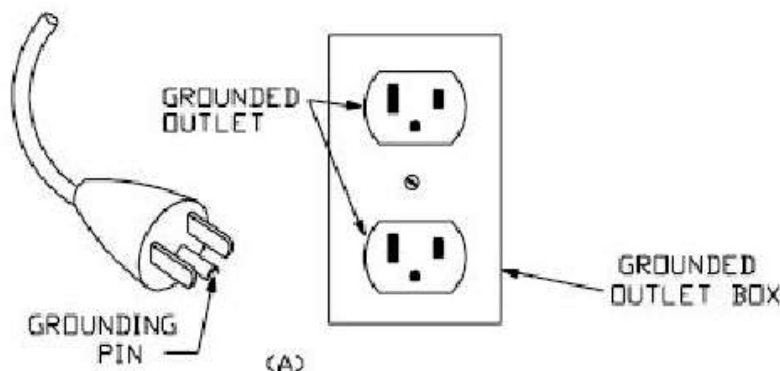
OPERATING THE COMPUTER
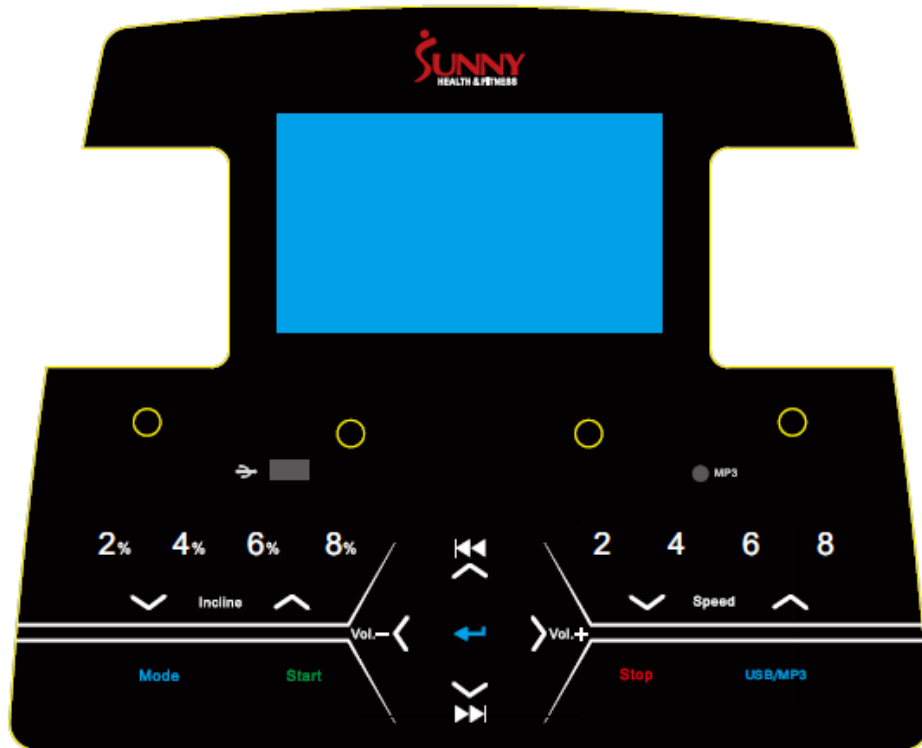
PART I: WINDOW DISPLAY:

1. **SPEED:** Displays the speed. The speed range is 0.5—11 mph.
2. **INCLINE:** Displays the incline. The incline range is 0-15.
3. **TIME:** Displays the running time from 0:00-99:59. When the clock reaches 99:59, the machine will stop smoothly and display "End" and then automatically reset to 0:00 after 5 seconds. When in **Countdown Mode,** it will count from the setting time to 0:00. When the clock reaches 0:00, the machine will stop smoothly and display "End" and then automatically reset to the initial setting after 5 seconds.
4. **DISTANCE:** Displays the running distance from 0.0-99.9 Mile. When the clock reaches 99.9, it will reset to 0.00 and begin counting again from 0.0. When in **Countdown Mode**, it will count down from the setting data to 0.00. When it reaches 0.00, the machine will stop smoothly and display "End" and then automatically reset to the initial setting after 5 seconds.
5. **CALORIES:** Displays the amount of calories the runner has burned. Calories will count from 0 to 999. When the count reaches 999, it will reset and start back from 0 again. When in **Countdown Mode**, it will count down from the setting data to 0. When it reaches 0, the machine will stop smoothly and display "End" and then automatically reset to the initial setting after 5 seconds.
6. **PULSE:** Displays the runner's heart beat. When the runner holds both hands over the pulse sensors located on the handles, the system can calculate the runner's heart beat and display it in this window. The range is 50-200 beats/min (This data is just for reference, and cannot be used as the medical data).

PART II: BUTTON FUNCTION:

1. **MODE:** Under standby mode, press mode buttons to select different modes**.**
2. **USB / MP3:** You can press this button to choose USB or MP3 function.
3. **START:** To start the machine insert the magnet end of the safety key into the computer console and then press the **START** button. (This machine requires a safety key in order to operate).
4. **STOP:** When the treadmill is running, press the **STOP** button to stop the running belt at any time. (Upon stopping the treadmill, all data will reset to its initial setting).
5. **SPEED UP/DOWN BUTTONS:** Under setting mode, you can press this button to adjust value. When the machine is running, press the **UP/DOWN Buttons** to increase or decrease the speed in increments of 0.1mph, pressing and holding either of these buttons for duration of over ½ a second will increase or decrease the speed continually.
6. **INCLINE UP/DOWN BUTTONS:** Under setting mode, you can press this button to adjust value. When the machine is running, press the **UP/DOWN Buttons** to increase or decrease the incline in increments of 1/time, pressing and holding either of these buttons for duration of over ½ a second will increase or decrease the incline continually.
7. **QUICK SPEED BUTTONS 2, 4, 6, 8:** These buttons are quick speed presets which allow you to select an automatic running speed of 2, 4, 6 or 8 mph quickly with the push of a button.
8. **QUICK INCLINE BUTTONS 2%, 4%, 6%, 8%:** These buttons are quick incline presets which allow you to select an automatic running incline of 2, 4, 6 or 8 quickly with the push of a button.
9. **MULTIFUNCTION BUTTON:**

Up Button : Press this button can choose previous song from the USB. In User Settings Mode U1- U3, press this button to adjust target time.

Down Button : Press this button can choose next song from the USB. In User Settings Mode U1- U3, press this button to adjust target time.

Right Button : Press this button can increase the volume; In User Settings Mode U1- U3, press this button to set the program sections.

Left Button : Press this button can reduce the volume. In User Settings Mode U1- U3, press this button to set the program sections.

Confirm Button : After you finish the choice of **USB** or **MP3**, press this button to confirm your choice. After you finish the choice of body fat option, press this button to enter.

PART III: QUICK START

1. Insert the magnet end of the safety key into the computer console.
2. Press the **START** button, a buzzer will sound and the system will automatically display a 3 second countdown when the countdown reaches zero the running belt of the treadmill will start, the initial speed will be 0.5mph (the system default running mode).
3. After Start-Up, you can use the **SPEED+/- BUTTONS** or **QUICK SPEED BUTTONS** to adjust the belt speed of the treadmill up or down. You can also use the **INCLINE+/- BUTTONS** or **QUICK INCLINE BUTTONS** to adjust the incline of the treadmill.

CONTROL FUNCTIONS:
1. Press the **–Speed Button** to reduce the running speed.
2. Press the **+Speed Button** to increase the running speed.
3. Press the **–Incline Button** to reduce the incline.
4. Press the **+Incline Button** to increase the incline.
5. Pressing one of the **Quick Speed Buttons** will adjust the speed to the corresponding speed indicated (**2, 4, 6, 8**).
6. Pressing one of the **Quick Incline Buttons** will adjust the incline to the corresponding incline indicated (**2%, 4%, 6%, 8%**).
7. Pressing the **Stop Button** will stop the running belt of the machine.
8. Holding the **Pulse Sensors** located on the handles with both hands for 5 seconds will calculate and display the runner's heart beats per minute (HBPM) on the computer display screen.

PART IV: MODES
(MODES DESCRIBED BELOW MUST BE SELECTED WHILE IN STANDBY)

1. **MANUAL MODE:** Pressing the **START** button directly without selecting or creating presets will automatically start the running belt of the treadmill in the system default running mode, a speed of 0.5mph. The other windows will begin counting upward from the default speed. Pressing the **SPEED +/- BUTTONS** will increase or decrease the belt speed of the treadmill from the default setting of 0.5mph.

2. **COUNTDOWN MODE:** Set countdown values for Time, Distance and Calorie functions. Once you have set a value(s), press the **START** button to begin the workout session. The machine will start at the default speed setting of 0.5mph you may adjust the speed and/or incline of machine by pressing the **SPEED** and/or **INCLINE** button(s).

   Time Countdown, press the **MODE** button to enter the Time Countdown, the TIME window will display a flashing 30:00, press the **SPEED +/-** or **INCLINE +/- BUTTONS** to set the desired TIME, the setting range is 5:00-99:00.

   Press the **MODE** button twice to enter into the **Distance Countdown**, the DISTANCE window will display a flashing 1.0; press the **SPEED +/-** or **INCLINE +/- BUTTONS** to set the desired DISTANCE, the setting range is 0.50-99.5.

Press the **MODE** button three times to into the **Calories Countdown**, the CALORIES window will display a flashing 50; press the **SPEED +/- or INCLINE +/- BUTTONS** to set the desired CALORIES, the setting range is 10-995.

PART V: PROGRAMS

1. EXERCISE PROGRAMS: The computer includes 12 different preset exercise programs; fat burning mode, body sculpting mode, lose weight mode, high way running mode, mountain running mode, beach running mode, man mode, woman mode, health mode, middle-aged sports mode, old-aged sports mode and walking mode. To enter into the **PROGRAMS** menu, press the **MODE** button while the machine is in standby. (The **PROGRAMS** will be displayed on the monitor by their name/description and will include an icon relating to the name/description to identify the **PROGRAM**).

The inner install program is divided into 16 sections. Each exercise time equals the setting time/16. Press the **START** button to start the inner install program, when starting, the machine will work as per the pre-set speed and incline of the first section. You may adjust the speed and/or incline after beginning a section by pressing the **SPEED +/- BUTTONS** and/or **INCLINE +/- BUTTONS**. When the system enters into the next section, the speed and incline will be changed according to the programs settings. When a section is completed, the program will automatically move into the next section, once all of the sections have been completed the machine will stop, you may manually stop the machine at any time by pressing the **STOP** button.

PROGRAM EXERCISE CHART
Each program will divide into 16 setting times for the exercise time, each time section will adjust the speed and incline accordingly depending on the speed and incline determined within the program.

	TIME	TIME INTERVAL= SETTING TIME/16															
PROGRAM		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
fat burning	SPEED	2.5	3.7	5.0	7.5	7.5	6.2	6.2	5.0	5.0	7.5	8.7	6.2	7.5	5.0	5.0	2.5
mode	INCLINE	2	4	6	8	6	6	4	10	8	10	6	6	4	8	6	2
body sculpting	SPEED	3.7	5.0	6.2	7.5	8.7	8.7	6.2	5.0	5.0	7.5	8.7	6.2	7.5	5.0	5.0	2.5
mode	INCLINE	4	4	6	8	6	6	6	6	8	10	6	8	8	8	6	2
lose weight	SPEED	2.5	3.7	6.2	7.5	8.7	8.7	6.2	5.0	5.0	7.5	8.7	6.2	7.5	5.0	5.0	2.5
mode	INCLINE	2	6	6	8	6	8	4	6	8	6	6	8	4	8	6	2
high way	SPEED	3.7	3.7	5.0	5.0	3.7	3.7	5.0	5.0	6.2	3.7	3.7	3.7	5.0	3.7	3.7	2.5
running mode	INCLINE	2	4	2	2	4	2	4	6	2	4	6	4	2	4	6	2

mountain running mode	SPEED	2.5	3.7	3.7	5.0	3.7	3.7	5.0	3.7	2.5	2.5	2.5	3.7	3.7	5.0	6.2	2.5
	INCLINE	6	8	12	6	15	8	10	6	8	12	14	10	10	8	6	2
beach running mode	SPEED	2.5	3.7	5.0	3.7	3.7	3.7	3.7	5.0	5.0	3.7	3.7	3.7	3.7	5.0	3.7	2.5
	INCLINE	2	4	2	2	4	2	4	6	2	4	6	4	2	4	6	2
man mode	SPEED	3.7	3.7	5.0	6.2	7.5	3.7	5.0	5.0	7.5	3.7	3.7	8.7	5.0	2.5	5.0	2.5
	INCLINE	2	4	10	6	4	6	8	6	2	8	6	4	6	4	6	4
woman mode	SPEED	1.2	2.5	2.5	3.7	5.0	6.2	5.0	3.7	2.5	5.0	5.0	5.0	3.7	3.7	3.7	2.5
	INCLINE	2	2	4	8	6	6	4	2	8	6	4	2	4	6	4	2
health mode	SPEED	3.7	3.7	5.0	6.2	3.7	3.7	6.2	7.5	6.2	3.7	3.7	3.7	6.2	5.0	3.7	2.5
	INCLINE	2	4	2	2	4	2	4	6	2	4	6	4	2	4	6	2
middle-aged sports mode	SPEED	3.7	3.7	5.0	6.2	7.5	3.7	5.0	5.0	6.2	3.7	3.7	6.2	5.0	3.7	5.0	3.7
	INCLINE	2	4	6	2	4	6	6	6	2	8	6	4	4	4	6	4
old-aged sports mode	SPEED	2.5	2.5	3.7	3.7	2.5	3.7	3.7	5.0	5.0	3.7	3.7	3.7	3.7	5.0	3.7	2.5
	INCLINE	2	4	2	2	4	6	4	4	4	4	2	4	2	4	4	2
walking mode	SPEED	1.2	2.5	2.5	2.5	3.7	3.7	2.5	3.7	2.5	2.5	2.5	2.5	1.2	2.5	3.7	1.2
	INCLINE	2	4	6	4	6	2	4	2	4	6	8	4	4	6	2	2

RANGE OF PROGRAM:

	Initial	Default Value	Set Range	Display Range
TIME(MIN:SECOND)	0:00	30:00	5:00-99:00	0:00－99:59
INCLINE(SECTION)	0	0	0-15	0-15
SPEED(MPH)	0.5	0.5	0.5-11	0.5-11
DISTANCE(MILE)	0	1.00	0.50-99.5	0.00－99.9
PULSE(BPM)	P	N/A	N/A	50-200
CALORIE(KCAL)	0	50	10-999	0－999

2. BODY QUALITY CALCULATION:

While in the standby mode, press the **MODE** button scroll through the programs until the window displays **measuring fat** (Body Quality Calculation), press the **Confirm** button [←] to enter. Press the [◄◄] and [►►] or the **INCLINE +/-** button on the handlebar to select an option; **SEX**, **AGE**, **HHT** (height) or **WHT** (weight), press the [Vol.+] and [Vol.-] or the **SPEED +/-** button on the handlebar to set the value(s).

Once you have finished setting the values for **SEX, AGE**, **HHT** (Height) and **WHT** (Weight) press the **MODE** button to enter into the set up for **BQI** (Body Quality Index). To set the **BQI** grasp the **Pulse Sensors** located on the handles with both hands and hold them, after 5-10 seconds the window will display your body quality index. The Body Quality Index is used to test the relation between your height and weight. It is only for reference not suitable for medical use. The Body Quality Index is suitable for both male and female.

NOTICE: General **Body Quality Index** score is **20-25%**

Underweight	Below 19.0
Normal	19.0 – 25.0
Overweight	26.0 – 29.0
Obesity	30.0 – and above

BODY QUALITY INDEX (BQI) CHART:

Sex	Male	Female
Age	10------99	
HEIGHT	40----95INCH	
WEIGHT	45-----330LB	
BQI	⩽19	Underweight
BQI	=(20---25)	Normal Weight
BQI	=(26---29)	Overweight
BQI	⩾30	Obesity

3. HEART RATE CONTROL PROGRAM:

NOTE: To use this function a **Heart Rate Transmitter** (included), must be worn in order to register your heart rate for displaying.

HEART RATE TRANSMITTER:

The Heart Rate Transmitter monitors and then wirelessly transmits your heart rate data from the chest strap to a compatible built-in receiver the users data is then displayed on the computer allowing the wearer to monitor their heart rate.

KEY FEATURES:

- Heart rate sensor wirelessly transmits heart rate data without the need for conductive gel.
- Water-resistant up to 30 meters for use in extreme environments.
- Battery good for up to 2,500 hours of continuous usage.
- Adjustable elastic strap for comfortable and secure sensing.

DETAILS:

- Electrocardiogram (ECG) accuracy.
- Non-user replacement battery.
- Adjustable medium size elastic chest strap included (25-54 inches).
- Machine washable and anti-bacterial.

MEASURING YOUR HEART RATE:

(To measure your heart rate you will need to wear the transmitter).
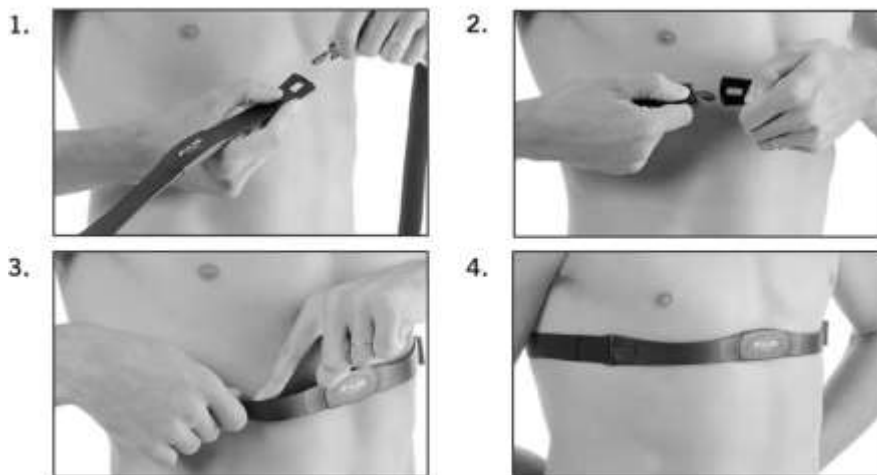
1. Attach one end of the transmitter to the elastic strap.
2. Adjust the transmitter's strap length to fit snugly and comfortably. Secure the strap around your chest, just below the chest muscles and buckle the strap to the transmitter.
3. Lift the transmitter off your chest and moisten the two grooved electrode areas on the back.
4. Ensure that the wet electrode areas are firmly against your skin and that the Polar logo is in a central upright position.

HEART RATE CONTROL:

This program is controlled by heart rate. In order to effectively use the Heart Rate Control Program the user will need to set values for the following; **Age**, **Target Heart Rate** and **Target Time**. To select an option, press the Up-Down or Incline Up-Down buttons located on the handlebars, to set the values, press the **Vol. + / Vol. -** or **Speed + /Speed –** buttons located on the console. When you have finished setting the values, you may press the **START** button to begin a workout.

In this program the computer will automatically adjust the Speed during exercise according to the user's heart rate, detected by the heart rate transmitter, in order to keep the user's heart rate within the zone of plus & minus **5 BPM** of their **Target H.R.** For example if you current heart rate is lower than the set **Target H.R.** the speed will be increased, if you current heart rate is higher than the set **Target H.R.** the speed will be decreased.

The Heart Rate Control can be divided to be 2 HP (Horse Power) grades; within the First Grade, the max speed will be 6mph, within the Second Grade, the max speed will be 7.5mph.

The Heart Rate Control can be divided to be 3 phases.

First phase; **Warm-Up**: For this phase, you may set the speed and incline levels to your personal liking while you're warming-up.

Second phase; **Exercise**:
Physical activity during this phase should last a minimum of 12 minutes, although for most people it will take about 15-20 minutes for their heart rate to reach the target zone.

A. The system will regard 15 minutes as a period to make judgment.

B. When the difference of actual heart rate and target heart rate is more than 15 **BPM** the system will adjust as described below;

-If the difference of the previous and current heart rate is less than 5 **BPM**, the speed will increase or reduce by 0.3mph.

-If the difference of the previous and current heart rate is more than 5 **BPM**, the incline will increase or reduce by 1 section.

-If the speed has already reached the max or minimum level, the incline will be adjusted.

-If both the speed and incline have already reached the max or minimum level, the system will not be able to adjust the speed or incline values.

C. If the difference value of the actual heart rate and target heart rate is between 10 to 15 **BPM** the incline will increase or reduce by 1 section.

D. If the difference value of actual heart rate and target heart rate is lower than 10 **BPM** the speed and incline will not change.

Third phase; **Cool-Down**: This phase done within the last 2 minutes prior to completing an exercise. During this phase, speed and incline will be reduced by **50%** allowing your cardio-vascular system and muscles to wind down, until the minimum speed and incline levels are reached.

NOTE: the user may adjust the speed and incline levels to their desired settings during all three of the above mentioned phases.

Heart Control Rate Settings Table: (Heart rate value is just reference)

Specification	Default value	Setting range
HP(Grade)	1	Grade 1: max speed of 6mph Grade 2: max speed of 7.5mph
Age	20 years old	10-80 years old
THR (Heart rate value)	160/BPM	80-180/BPM
Time	20 minutes	10-99 minutes

NOTE: Everyone has their own specific target heart rate zone, when exercising your main goal should be reaching that zone and staying within that zone. Determining your personal target heart rate zone is calculated by the following:

STEP 1: Find your maximum heart rate using this formula:
220- Your Age= predicted max heart rate.
Example: A person 40 years of age would have a predicted max heart rate of 180 **BPM (Beats Per Minute)**, 220-40= 180.

STEP 2: Your target heart rate zone is a rage of 55% to 90% of your max heart rate.
Predicted Max Heart Rate x .55= Low End of your target heart rate zone.
Predicted Max Heart Rate x .90= High End of your target heart rate zone.
Example: A person 40 years of age would have a Target Heart Rate Zone of 99 to 162 **BPM (Beats Per Minute)**, 180x.55= 99.   180x.99= 162.

4. USER SETTINGS PROGRAMS (U1-U3):
Press the **MODE** button to cycle through the programs until you reach **U1**-**U2**-**U3**. **User Settings Programs (U1-U3)** are programs that allow the user(s) to manually pre-set each of the 16 exercise programs in order to create personal exercise profile(s). To begin select **U1** (first user setting profile), once you select the profile the first section of the program chart will flash, use the **SPEED +/-** or **INCLINE +/-** or

QUICK SPEED/INCLINE buttons to set the desired value, use to move to next section or to skip through sections. Once you have set the first section you can set the value for the next section. Repeat this process until you have completed all sections, the values that you set will not change until otherwise edited.

Once you have finished creating your personal exercise profile, you may press the **START** button to begin exercise, when starting the machine will work as per the pre-set speed and incline of your settings. The whole program will divide into 16 sections. Each section will divide into 16 setting times for the exercise time, each time section will adjust the speed and incline accordingly depending on the speed and incline determined within the program. When the whole program has completed the machine will stop.

PART VI: PULSE TEST

Grasp the **Pulse Sensors** located on the handles with both hands and hold them, after 5-10 seconds the window will display your pulse value. The pulse value data is just for reference and cannot be used as medical data.

PART VII: USB/MP3 FUNCTION

USB/MP3 TRANSFER: Use to select between USB or MP3 functions, when choosing the USB function please ensure that USB of the device is inserted.

After selecting a function (USB or MP3), press the Confirm button . You can control the volume by pressing the Vol. - and Vol. + buttons. Cycle through and choose songs from the USB by pressing the Up and Down buttons.

TREADMILL FUNCTIONS:

SAFETY LOCK FUNCTION:
Removing the **Safety Key** from the computer console while the treadmill is running will cause it to stop immediately, once the treadmill reaches a full stop the window display of the computer will show "- - -" and the buzzer will "Beep" 3 times. To start the treadmill again, insert the magnet end of the **Safety Key** into the computer console and press the **START** button.

EMERGENCY BUTTON:
In the case of an emergency, pushing the emergency button located on the console will stop the machine and lock all functions once the machine is locked all controls and operations are unavailable. To unlock the machine turn the emergency button clockwise.

TURN OFF:
Power to the treadmill can be turned off at any time without risk of causing damage to the equipment this includes during and exercise session.

CAUTION:
1. We recommend that you maintain a slow speed at the beginning of a session and hold handrails until you become comfortable and familiar with the treadmill.
2. Insert the magnet end of the Safety Key into the computer console and attach the opposite end containing the safety clip on it, to your clothing before beginning your workout. To end your workout press the STOP button or remove the Safety Key, the treadmill will stop immediately once either of these things have been done.

EXERCISE INSTRUCTIONS:

GETTING STARTED:
Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising immediately if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea.

Get to know your treadmill. Before attempting to use the treadmill take some time to stand alongside it and familiarize yourself with the controls. Once you feel comfortable get on, you can stand with your feet on the foot rails and balance yourself by putting your hands on the handle rails.

Next, attach the clip end of the **Safety Key** to your clothes then insert the magnetic end of the key into the computer console, when you're ready press the **START** button to start the machine. The machine will start at the system default setting speed which is **0.5mph**, when you feel comfortable you may slowly increase this speed. When you are finished with your exercise press the **STOP** button to stop the machine, you can also remove the magnetic end of the **Safety Key** to stop the machine.

MAINTENANCE INSTRUCTIONS:

General cleaning will help to prolong the life of the treadmill and improve performance. Keep the unit clean and maintained by dusting the components on a regular basis, cleaning the two exposed sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from the shoes doesn't wear the running board and belts out. Clean the surface of the running belt using a clean damp cloth. Be careful to keep liquid away from electrical parts and running belts.

CENTERING THE RUNNING BELT:
Place the treadmill on level ground and set it to run at 3.73-5mph to check if the **Running Belt (No. 20)** drifts.

1. If the **Running Belt (No. 20)** moves to the right, turn the adjusting bolt on the right side ¼ turn **clockwise**, then turn the left adjustment bolt ¼ turn **counter-clockwise**. If the belt does not move, repeat this step until it centers, refer to diagram **"A".**
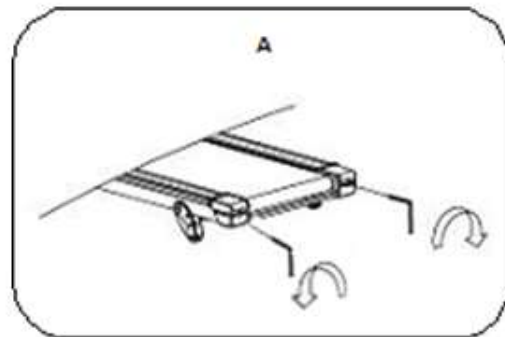
2. If the **Running Belt (No. 20)** moves to the left turn the adjusting bolts on the left side ¼ of a circle **clockwise**, then turn the right adjustment bolt ¼ turn **counter-clockwise**. If the belt does not move, repeat this step until it centers, refer to diagram **"B".**
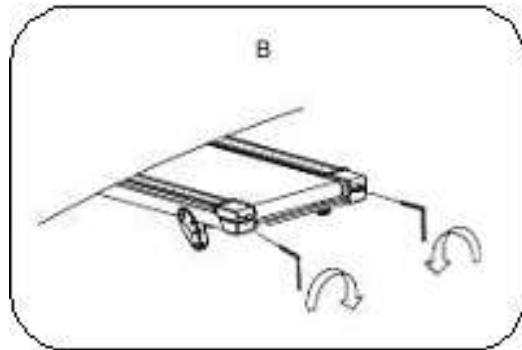
3. Over time the **Running Belt (No. 20)** will loosen. To tighten the belt turn the **Left** & **Right** side adjustment bolts one full turn **clockwise**, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to diagram **"C"**
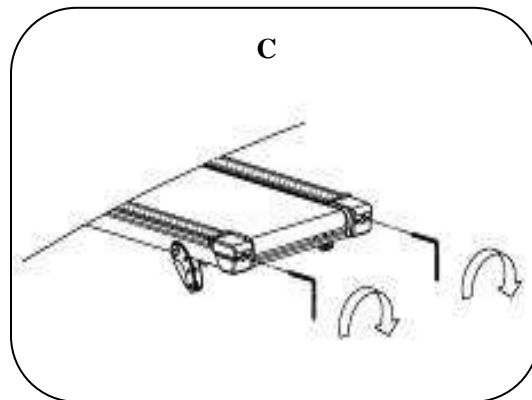
RUNNING BELTS & TREADMILL LUBERCANT:
Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly. Should you find any wear on the Running Board, please contact us support@sunnyhealthfitness.com.

WARNING: Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

The following time table is recommended:
Light user (less than 3 hours/ week)   once a year
Medium user (3-5 hours/ week)   every six months
Heavy user (more than 5 hours/ week)   every three months
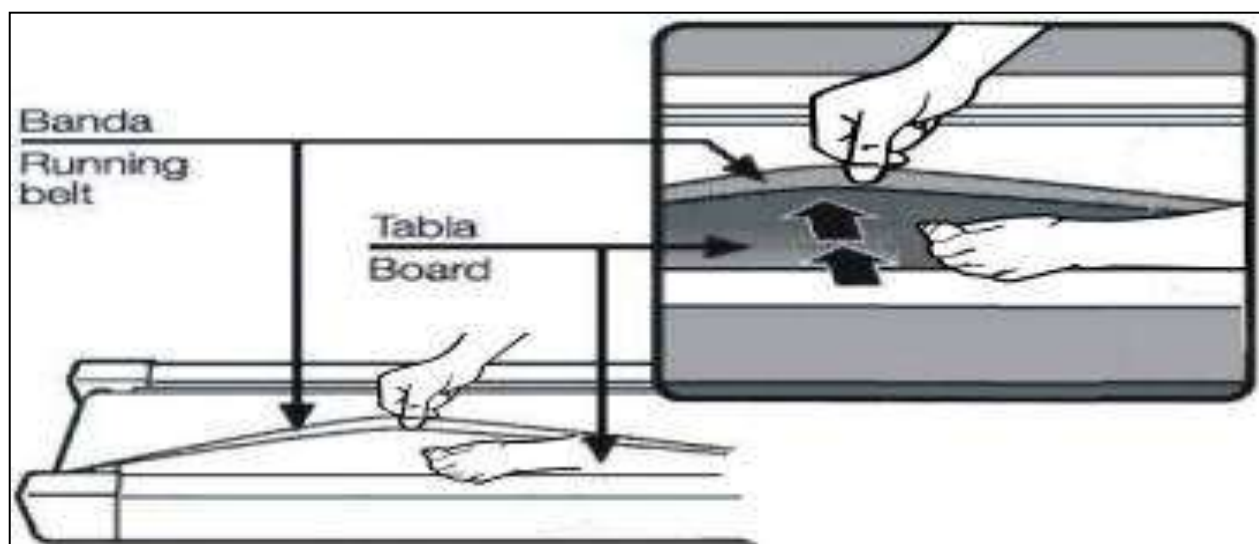
1. To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.
2. A loose **Running Belt** will result in the runner sliding off when running, while too tight of a **Running Belt** will result in decrease to the motors performance and also create more friction between the roller and running belts. The most suitable tightness for the belts is pulled out **50-75mm** from the **Running Board**.

TROUBLESHOOTING

PROBLEM	CAUSE	SOLUTION
Treadmill will not start	Not plugged in	Plug cord into outlet
	Safety Key not inserted	Insert Safety Key
Running speed inaccurate	Not calibrated correctly	Re-calibrate speed setting
	Speed set in the wrong Units of measurement	Change setting to proper Units.
Running belt not centered	Running belt tension not Proper on the left or right sides of the running board	Tighten the adjustment bolts on the left and right side of the rear roller (See page 24)
Computer not working	Wires from the computer And bottom control board not properly connected	Check wire connections From the computer to the control board.
	Transformer is damaged	If the transformer has become damaged contact customer service.
E01: Communication failure	No communication from console to control board	Check wire connections From the computer to the control board, replace wires and/or control board if necessary.
E03: No speed sensor signal	Speed sensor signal cannot be received by the control board.	Check that the sensor wire is properly connected, if damaged replace wire. Check to see if the magnetic sensor is damaged, replace if necessary.
E04: Incline failure	The incline motor is damaged or the wire for the incline motor is not connected properly or has become damaged	Re-connect or replace the wire for the incline motor. Replace the incline motor with a new one.

	The incoming voltage is too low or too high. The control board is damaged.	Restart the treadmill. Check the incoming voltage to ensure it's correct. Check the control board, replace if damaged.
E05: Current overload protection (Self Protecting System)	A moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Check the motor, listen for strange noise and check for a burning smell. Replace the motor if necessary.
E06-E07-E08-E09-E10 Inverter problem	Problem with inverter	Replace Inverter with new

NOTICE: If you are unable to resolve an issue using the troubleshooting guide above, please contact customer service at support@sunnyhealthfitness.com